

Proclamation

WHEREAS, the National Governors Association's chairman's initiative *Healthy America* is designed to raise national awareness about the urgent need for all Americans to live healthier, more active lives; and

WHEREAS, governors across the nation have been working on a wide variety of health reform-related issues to encourage wellness; and

WHEREAS, physical activity can greatly reduce the risk of many chronic diseases and health conditions, including hypertension, diabetes, heart disease, stroke, and certain cancers; and

WHEREAS, one out of two people in the State of Hawai'i are overweight or obese; and

WHEREAS, overweight people can reduce their risk of developing diabetes by 60 percent by becoming physically active for 30 minutes a day and losing a moderate amount of weight; and

WHEREAS, more than 40 percent of Hawai'i's residents are not engaging in this 30 minutes of physical activity our bodies need for good health; and

WHEREAS, the Hawai'i State Department of Health's *Worksite Wellness Toolkit* outlines ways for employers to make their worksites healthy environments and encourage employees to integrate healthy behaviors into each workday; and

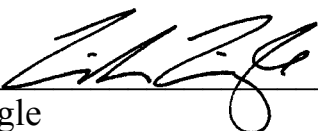
WHEREAS, Healthy America Week is designed to help individuals begin a life-long commitment to making good decisions about their personal health,

NOW, THEREFORE, I, LINDA LINGLE, Governor of the State of Hawai'i, and **I, JAMES R. "DUKE" AIONA, JR.**, Lieutenant Governor, do hereby proclaim May 1 through 5, 2006, as

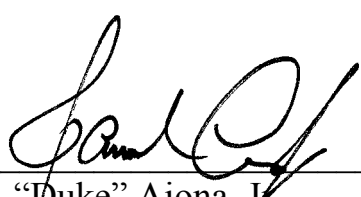
HEALTHY AMERICA WEEK

in Hawai'i, and encourage all citizens of our state to support and promote this observance.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this twenty-eighth day of April 2006.



Linda Lingle
Governor, State of Hawai'i



James R. "Duke" Aiona, Jr.
Lieutenant Governor, State of Hawai'i